



Pistachio Date Bars



SERVINGS

15



COOKING TIME

40 min

A perfect on-the-go snack, or even just a sweet ending to any meal - these bars combine the rich and buttery flavor of pistachio with the natural and healthy sweetness of dates. Delightful, wholesome, and delicious, this recipe comes together in a snap!

Ingredients

- 1 cup [Quaker® Oat Flour](#)
- 2 ½ cups chopped dates
- 1 cup water
- Juice of 1 lemon
- 2 tbsp brown sugar
- 1/2 tsp baking soda
- 1 Pistachio Oat Crumble
- 1 ¾ cups Quick Oats
- 2/3 cup brown sugar
- 3/4 cup margarine
- 3/4 cup roughly chopped pistachios

Cooking Instructions

1. Prepare a 8X8 inch brownie pan with parchment paper and cooking spray. Preheat the oven to 350°F.
2. In a pot combine dates, water, lemon juice, brown sugar, and baking soda. Place over medium high heat and let simmer for 5 minutes. Remove from heat and let cool.
3. While date filling is cooling, mix together the oat mixture. In a large bowl combine oats, oat flour, brown sugar, margarine, and pistachios. Mix until the margarine is coating everything.
4. Spread half the crisp in the baking dish and press firmly. Layer with the date mixture. Cover with the remaining crisp and press lightly.
5. Place in the oven for 35 minutes.

6. Once baking is completed, allow the mixture to cool fully.
7. Cut into squares, pour a cup of tea, and enjoy!